

DISTRICT PULSE



Rotary
District 7545



Blackwater Falls State Park, Tucker Cty.

IN THIS ISSUE:

**CLUB IN THE SPOTLIGHT:
NEWBURG**

**FROM THE DISTRICT
CALENDAR**

**DISTRICT GOALS:
MEMBERSHIP UPDATE**

**EXPANDING MENTAL
HEALTH AWARENESS**

**YOUR PORTAL TO
INTERNATIONAL EXCHANGES**

MONTHLY THEME:

THE ROTARY FOUNDATION

**3RD: DISTRICT 7545 ROTARY
FOUNDATION CELEBRATION**

NOTE FROM THE DISTRICT GOVERNOR

Fellow District 7545 Rotarians,

During my DG visits I touch on the priorities established by RI President Gordon McInally for this Rotary year. They fall in two categories: continuing the fight against polio and making the world a better place. Your support to The Rotary Foundation enables us to make a difference in both areas and I hope as we approach this season of giving, that you will include our Foundation in your giving plans.

Two articles in this month's Pulse target directly our international president's commitment to making the world a better place. One focuses on mental health awareness, and one on building peace through virtual international exchanges. Check them out and consider ways you and your club can make a difference in these areas.

Lastly, you'll see three progress thermometers pop up in various Pulse editions. This month's focuses on membership. Historically, given the losses we can anticipate at the end of the calendar year, we need to go into December with a net gain of 40 for the district. We've hit that number but we can't let our guard down. So let's keep looking for opportunities to invite those that share our values and service commitment to become Rotarians.

Thank you for Creating Hope in the World!

J. Dan McCarthy
Governor, RI
District 7545



DG Dan & Carol McCarthy

Newburg WV Rotary Club



CLUB IN THE SPOTLIGHT

Serving the town of Newburg WV (named because it was the newest town on the railroad at the time) in Preston County, the Newburg Rotary Club is currently 13 members strong (roughly 5% of the population of the town). A member of Area 5 and supported by Area Governor Sam

McDaniel, their signature service project is the annual "Newburg Community Health Fair," where club members partner with Mon Health Preston Memorial Hospital personnel to provide health screening and blood testing for area residents.

Chartered on February 5th, 1941, the club was last year's District Community Service Award recipient having amassed an average reported service hour total of 36.6 hours per member. Despite its relatively limited community size, the club has grown this year and continues to be a solid supporter of our Rotary Foundation. Club President Paul Taylor White indicates: "We support a very rural area and provide services to the community that would not be accomplished otherwise. I am very proud of our club and members for their accomplishments as well as their positive reflection on Rotary."

FROM THE DISTRICT CALENDAR

Upcoming Club Visits

Clarksburg-Harrison County: 11/1
Milton: 11/2
Tucker County: 11/30
Canyon Rim: 12/14/23

Upcoming Events

D7545 Foundation Celebration
11/3/23, Pete Dye Golf Club
Rotary Leadership Institute (RLI):
11/18/23; WVSOM, Lewisburg
President Elect Training Series (PETS):
3/8/24; WVSOM, Lewisburg
District Training Summit: 3/9/24;
WVSOM Lewisburg

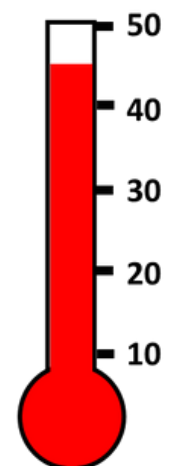
MEMBERSHIP UPDATE

How is your club doing on membership, REALLY ? Not just are you satisfied, but actually, how healthy is your Club?? Is it growing? If it's not, you know it's shrinking, right?? You cannot retain your way to Club membership growth. So, here's a few simple steps our District Membership Team asks you to take TODAY to better insure the future viability of your Club:

- 1) If you haven't already, IDENTIFY YOUR CLUB'S MEMBERSHIP CHAIR IN DACB.COM
- 2) If you haven't already, SET YOUR MEMBERSHIP GOALS IN THE MEMBER SUCCESS CENTER AREA OF THE MEMBERSHIP ACTION PLAN ("MAP") SECTION OF DACDB.COM
- 3) If you haven't already, prepare and submit your CLUB'S MEMBERSHIP PLAN and get one step closer to earning a MAP Award for 2023-24

Not sure HOW to perform these tasks or WHY they are so important ?? Reach out to your AG or DMC PDG Sean Sawyer to coordinate immediate assistance from the District Membership Team. Please also mark your calendar to attend our third annual District Membership Summit on March 9th in Lewisburg. And remember . . . growing membership is the key to expanding our impact in serving others. Make a commitment now to expand your Club's membership today!!

D7545 Membership
Net Growth



EXPANDING MENTAL HEALTH AWARENESS

If you've already watched Rotary International President, Gordon R. McNally's [presentation](#) on this year's theme, then know he lost his brother to suicide. Most of us, our families, or friends, have been impacted in some way by mental illness.



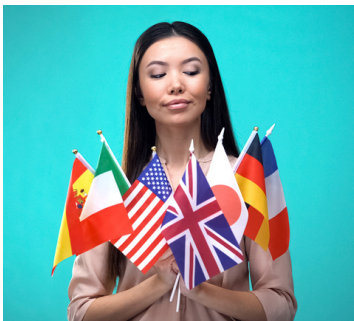
Some shocking statistics:

- According to the Brain & Behavior Research Foundation, 1 in 5 of us lives with a mental illness.
- According to Brainline, up to one-third of combat veterans suffer from traumatic brain injuries (TBI) or Post Traumatic Stress Disorder (PTSD)
- According to The Substance Abuse and Mental Health Services Administration, an estimated 30% of first responders develop behavioral health conditions like depression and PTSD.
- According to the Centers for Disease Control and Prevention, firefighters and police officers are more likely to die by suicide than in the line of duty.

"Mental health has been transformed over the last seventy years. There have been so many changes: the closure of the old asylums; moving care into the community; the increasing the use of talking therapies. They have all had a hugely positive impact on patients and mental health care." Dr. Nick Venters, a General Adult Psychiatrist, who works nationally on improving mental health informatics.

Having said that, there is still a tendency to avoid mental health topics in the general public and that is why RIP McNally has called on all of us to help expand awareness of this important topic. All of us can help. Whether it's through incorporating a mental health topic into our club meeting topics, identifying a service project that will support a mental health related organization, supporting a mental health awareness initiative in your community... Whatever method you use, incorporate mental health awareness into this year's programs in your club.

YOUR PORTAL TO INTERNATIONAL EXCHANGES



Looking for an exciting club program while meeting Rotary International President McNally's challenge to conduct a virtual international exchange? Look no further than Rotary Showcase. Accessible on the main page of your My Rotary account you can use it to select a topic of interest and search for clubs outside our country that have a similar interest. You can even narrow your search to specific countries or cities if you like. Once you find a Rotary Club of interest, reach out to them and arrange a joint on-line meeting and share what your club is doing while you learn about theirs. It's a great way to leverage technology while expanding your global knowledge of Rotary. Try it out!

Let's Connect:



www.rotarydistrict7545.org
rotarydistrict7545@gmail.com



**CREATE HOPE
in the WORLD**